

TOP 5 SUSTAINABLE FOODS



Top 5 sustainable and budget friendly foods that help you eat healthily while minimising the environmental impact.



BEANS & LENTILS

Beans & lentils are inexpensive, have a long shelf life, requires less water than animal products and are a great source of fibre, protein and many nutrients.



POTATOES

Potatoes can be grown in many climates, require less water than many other crops. They have a longer shelf life, very versatile and affordable.



SEASONAL VEGETABLES

Eating seasonal fruits and vegetables reduces carbon footprint, associated with transport and storage. Seasonal farming can be more nutritious and less expensive



OATS

Oats are super affordable, versatile, very nutritious and grown with minimal chemicals that supports soil health.



WHOLE GRAINS

Whole grains are rich in essential nutrients and fibre, inexpensive, versatile and have a longer shelf life, reducing food waste. They can be grown in many climates, reducing carbon footprint.



ENVIRONMENTAL IMPACT

Choosing these sustainable options are not only nutritious, but have a low environmental impact, by helping minimise food waste, supports local farming, and promotes a more eco-friendly food system.